



**SWS Mountain Guides**  
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## Japan - Ski Adventure Equipment List

It is critical to the success and safety of your course that you bring all the items listed below. We will be skiing or riding in the outside environment for several hours to all day, please bring all the items listed and be able to carry them in a day pack. The weather in the mountains of Japan can be either warm or windy and cold. Be prepared to encounter all types of conditions. If you have any questions about what to bring just give us a call at 1-888.797.6867 We look forward to skiing & riding with you!

### The Basics:

- AT (All Terrain/ Randonnée) Backcountry Skis - recommend Powder Skis 110 -128 under foot.
- AT Ski Boots (Vibram- type sole)
- Ski Poles (Adjustable recommended)
- Climbing Skins – right size for your skis
- Day Pack - 20L - 30 L pack (for lunch water, extra clothing, etc.)
- Or Equivalent Split Board, Boots, Skins, Poles

### Avalanche Safety Equipment:

- Avalanche Beacon\*
  - Avalanche Probe\*
  - Snow Shovel\*
- \*SWS available for rent

### Clothing:

- Synthetic Base Layer Top
- Synthetic Base Layer Bottoms
- Fleece Jacket
- Down Jacket
- Synthetic Ski Pants
- Combined Synthetic Wool Sox (4-5 pairs)
- \*Synthetic Liner or inner Sox (4-5 pairs) (\*Optional)
- Ski Gloves (2 pairs)
- Fleece Hat
- Gore-Tex Jacket or equivalent Ski Jacket

- Gore-Tex Pants/Bibs equivalent Ski Pants

### Other Important Small Stuff:

- Passport
- Passport Travel Wallet or Money Belt (id, passport, credit cards, money, etc.)
- 2-one Liter Wide Mouth Water Containers or 1 liter Water Bottle & 1-liter Thermos
- Swiss Army Type Knife or other multi-tool -- **Remember not to pack in carry on--**
- Good Quality Sunglasses with side shields
- Ski Goggles
- Balaclava/Face mask or Buff
- Sun Block (Rated 25+) & Chapstick
- Bandanna
- Sunhat (baseball cap or another type)
- Headlamp (extra batteries/bulb;)
- Small personal first aid kit (include personal medication)
- 3-4 Small stuff sacks for small items



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### **Optional:**

- Down Vest or Down Sweater
- Extra Pair of Ski Pants
- Avalanche Airbag\* or Avalung
- \*Black Diamond Jet Force Recommended
- Notebook/Journal with pen
- Real Book or Audio Books / Podcasts
- Watch/Altimeter
- Solar Chargers for phone
- Extra Battery Pack for phone

### **Recommended Lodge, Travel Clothing:**

- Two pairs of pants (jeans or light cotton)
- 4-5 pairs of underwear (fast drying recommended)
- Comfortable shoes for travel days
- 2-3 shirts (one button type/two t-shirts or synthetic)
- Cotton socks (2-3 pairs)
- Swimsuit
- Sport sandals or Shower Shoes

### **Recommended Travel Kit:** All in a small stuff sack

- Toothbrush & Toothpaste
- Soap, Shampoo, Brush
- Personal Medications
- Towel (lightweight or pack towel)
- Extra pair of glasses or contacts
- Personal toiletries
- Extra pair of glasses or contacts
- Personal Medications\*
- Foam Ear Plugs (for the plane)